



Youth, Depression and Substance Use

Young people will use alcohol and drugs to cope with life's frustrations, to feel more adult-like, to fit in, to rebel, or to satisfy their curiosity about drugs and drinking. **Teens with depression or other mental health problems** are vulnerable to alcohol and drug use.

Signs of Adolescent Alcohol and Drug Use

- Getting drunk or high on drugs on a regular basis
- Lying about alcohol or other drug use
- Avoiding others to get drunk or high
- Giving up activities once enjoyed to drink or use drugs
- Planning drinking in advance, hiding alcohol, drinking or using drugs alone
- Having to drink more to get the same high
- Drinking and driving
- Believing that to have fun, drinking or drug use are necessary
- Experiencing frequent hangovers
- Blacking out
- Pressuring others to drink or use drugs
- Taking risks, including sexual risks
- Becoming victims to perpetrators of violence
- Feeling run-down, hopeless, depressed or even suicidal
- Acting selfish and not caring about others
- Talking excessively about drinking or using drugs
- Getting in trouble with the law
- Getting suspended from school for an alcohol- or other drug-related incident

Behavioral and physical changes and life consequences associated with drug/alcohol use:

- Personality changes
- General lack of motivation and energy
- Sleep disturbances or appetite changes
- Oversensitivity, moodiness, nervousness, depression
- Difficulty concentrating, declining grades and school failure
- Having unplanned and unprotected sex
- Loss of interest in family and friends
- Excessive need for privacy, secretive or suspicious behavior
- Suffering serious injuries from driving under the influence or engaging in other risky behavior

Resources:

- **Alcoholics Anonymous: 602-264-1341**
- **National Clearinghouse for Alcohol & Drug Information: www.ncadi.samhsa.gov or 1-800-729-6686**
- **www.clubdrugs.org or 301-443-1124**